FREE TOOLS FOR THE RELATIONSHIPS THAT MATTER MOST

Utah Marriage Commission
at Utah State University

Research-based help for individuals, couples, and families.

Real relationships come with real questions.

Explore free resources that can help you communicate more clearly, work through conflict, strengthen connection, and support your family through change.



Find Research-Based Help With...

- Marriage & Couple Connection
- Dating & Engagement
- Sexual Intimacy
- Communication & Conflict
- Divorce & Breakups
- Stepfamilies & Remarriage
- Grief, Trauma & Wellbeing
- Finances
- Parenting & Coparenting

Choose the format that works for you.

Start small with a quick lesson or go deeper with a course, assessment, or expert presentation.

eCourses | Quick Lessons | Assessments | Webinars | Podcasts | and more!

Start with one question.

Browse the resource library and choose what feels useful for you right now.

StrongerMarriage.org

Prefer to meet in person? Check out **healthyrelationshipsutah.org** for live offerings!

ONLINE LIBRARY

Utah Marriage Commission | MarriageCommission@usu.edu | @StrongerMarriageLife